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**CURTAIN CLOSES ON
ATLANTIC FILM FEST
BIG HITS TAKE HOME
AWARDS** {page 4}



NEW TERRAIN
COMEDIAN RUSSELL
PETERS TAKES ON
THE BIG SCREEN {page 21}



HALIFAX

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Monday, September 26, 2011
www.metronews.ca



News worth
sharing.

Heart of Africville

- Elders remembered at official opening
- Construction of church replica continues



**ALEX
BOUTILIER**
@METRONEWS.CA

Forty-five years after Bertha Mantley's family left Africville, she stood on the banks of the Bedford Basin with a smile on her face.

That's because the 91-year-old got to cut the ribbon on the replica of the Seaview African United Baptist Church yesterday.

"I don't know how long I'll be here to enjoy this," said Mantley, who now resides in Dartmouth.

"But it's nice to be here today. And I hope the younger ones (who are) left behind will enjoy it."

The church building — which will house an interpretive centre detailing the history of and historic wrongs perpetrated against the former black community of Africville — was not yet open to the public. But approximately 200 people gathered in its shadow to celebrate the culmination of a very long fight.

In February 2010, HRM Mayor

**"This is a great uplift to
the black community."**

**BERTHA MANTLEY,
FORMER AFRICVILLE RESIDENT**

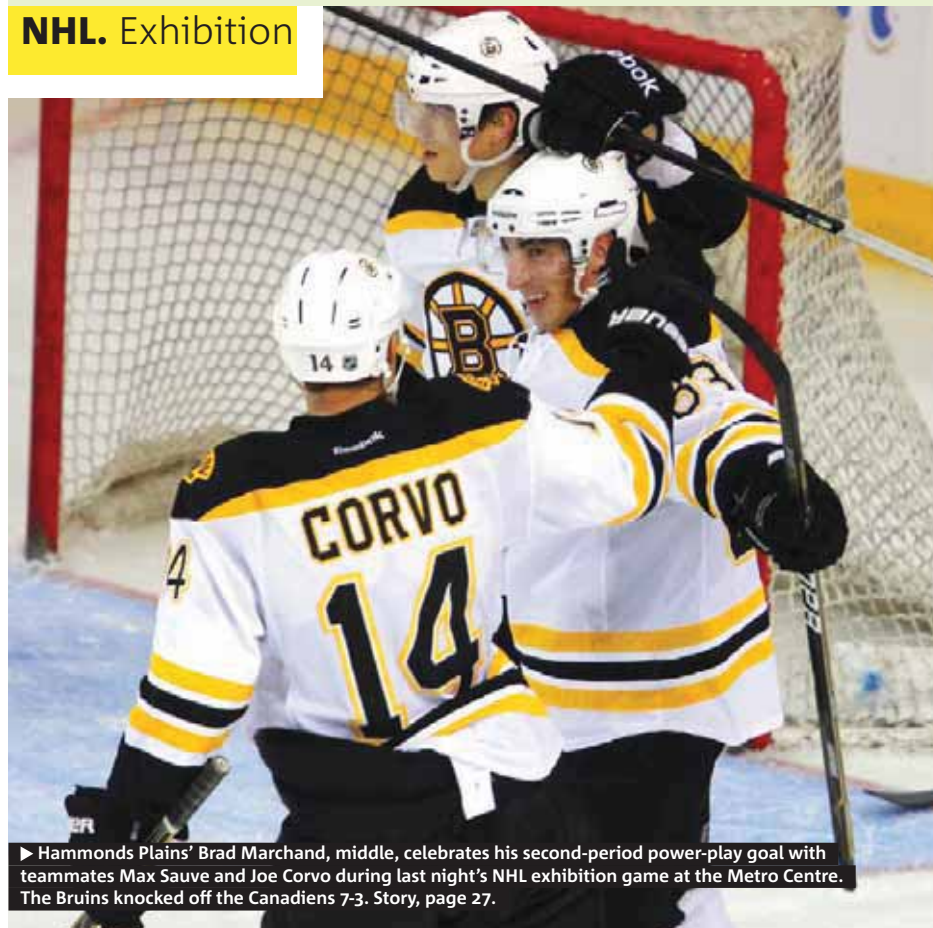
Peter Kelly formally apologized for the razing of the black community to make way for the MacKay Bridge. On that day, the three levels of government partnered to put \$4.75 million toward the reconstruction of the church — a building that was viewed as the symbolic heart of the community, which the city bulldozed in the dead of night.

Dr. Leslie Oliver, president of the Black Cultural Centre, said having the church building rebuilt helps localize the displaced community members.

"Physical presence is absolutely necessary," said Oliver. "For other people, Africville was home. And they still have that sense of place when they come here."

More coverage {pages 3, 12}

NHL. Exhibition



► Hammonds Plains' Brad Marchand, middle, celebrates his second-period power-play goal with teammates Max Sauve and Joe Corvo during last night's NHL exhibition game at the Metro Centre. The Bruins knocked off the Canadiens 7-3. Story, page 27.

RYAN TAPLIN/METRO

Bruins dump Habs in Halifax clash

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///9

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Africville is coming back into Seaview

► Interpretive centre may not officially open until next year ► Eddie Carvery's one-man protest still ongoing near site of new church



► Protester Eddie Carvery raises his arms in the air after receiving a big ovation from the crowd gathered for the official opening of the new Africville church museum yesterday. Carvery has been living on the former Africville site for decades.



ALEX
BOUTILIER
@METRONEWS.CA

Construction delays kept the replica of the Seaview African United Baptist Church closed for its official opening.

The replica of the church — one of the last buildings to be demolished in the former community of Africville — will house an interpretive centre detailing the story of the predominantly black community destroyed to make way for a bridge.

The ribbon cutting was

held yesterday, as members from different levels of government, African Nova Scotian organizations, and the community came together to celebrate the accomplishment.

But Daureen Lewis, the chair of the Africville Heritage Trust, said the interpretive centre may not open this year.

"The way construction goes, let's say (the church) could be open in three or four weeks," said Lewis.

"(The public opening) probably will wait until next year, but there will be offices that people will be

occupying all year round."

Lewis said the trust is considering running tours by appointment in the off-season, but reiterated it is unlikely the interpretive centre will have regular operating hours until spring 2012.

The building was built with \$4.75 million from the three levels of government, with the Halifax Regional Municipality contributing \$3 million as part of the official apology given by Mayor Peter Kelly last year.

According to the trust, the church museum will

Ribbon cutting

► Yesterday's official opening included remarks from Mayor Peter Kelly, Percy Paris, the provincial minister responsible for African Nova Scotian Affairs, and Lt.-Gov. Mayann Francis.

offer visitors a chance to see what life was like "out home" in Africville — and it will endure as a testament to the spirit of community that is still present today among the former residents of Africville and their descendants.

Council to consider new oval tender

RYAN TAPLIN/METRO



► Skaters on the oval.

The bids are in and HRM staff is recommending council award another construction contract for the outdoor skating oval.

The oval project was broken down into two phases: The heavy construction is Phase 1, and adding the outbuildings and accessories is Phase 2.

If approved by Halifax regional council tomorrow, the second of three tender packages for Phase 1 will be awarded to Dexter Construction Ltd. for \$2,785,791.

It's a big contract because they'll be responsible for installing the concrete slab and as well as mechanical and electrical components. It also requires a "very aggressive schedule," according to the staff report, because the municipality wants to open the permanent oval by mid-December.

"An extended period of adverse weather could effectively delay the opening of the oval prior to Christmas," says the staff report.

● JENNIFER TAPLIN

Popular pastime

► Thousands of people last year used the oval on the North Common.

1
news



A group wants the federal government to investigate Dick Cheney, whose book tour makes a stop in Vancouver today. Scan code for story.

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Film festival stays true to core values

- ▶ Cloudburst named audience award winner
- ▶ Afghan Luke last film screened at festival this year



JENNIFER TAPLIN
@METRONEWS.CA

Popcorn's been popped, and the buzz has fizzled for yet other year.

The Atlantic Film Festival wrapped up on Saturday night with an Oscar-esque awards night at the Pacifico.

"We had such a breadth of talent this year and craft, and everyone got a little piece of it," said Gregor Ash, executive director. "It was just great to be there and celebrate the success of projects that were completed, screened, and appreciated here by audiences at the festival."

The big hits of the festi-

189 The number of films shown during the 10-day festival in Halifax.

val, Afghan Luke, Charlie Zone and Cloudburst, took a hefty number of awards. But Michael Melski's Charlie Zone was the Titanic of the night, winning four awards including best Atlantic feature and outstanding direction.

The only big film absent from the winner's circle was Picnicface's Roller Town, which opened the festival.

After so many sold-out shows and rush lines, it was no doubt a mega-successful festival this year. Ash said it's because or-

ganizers returned to their roots.

"Our goal this year was getting back to the core values of being local," he said. "We worked on the local experience: food, restaurants, wine, location, people and craft."

In previous years, the AFF moved away from the "Halifax experience," he said.

"I think next year we'll definitely look at strengthening those ties."

And after 31 years, AFF organizers have learned a little bit. Ash said they mentored two budding film festivals this year: The OUTeast Film Festival and the Canadian Surf Film Festival.

African. Bazaar



▶ Toria Aidoo dances during a performance for the International African Bazaar on the Halifax waterfront yesterday. It was a perfect sunny afternoon for three festivals on the waterfront: The Bazaar, Word on the Street and the Francofestival.

JENNIFER TAPLIN/METRO

Tentative agreement in place for teachers

The government of Nova Scotia and the union representing about 10,000 public school teachers in the province have reached a tentative contract agreement.

The government and the Nova Scotia Teachers Union issued a brief statement Friday saying a deal has been struck but details are being withheld until it is ratified.

Union president Alexis Allen says the provincial executive is recommending acceptance of the tentative pact.

THE CANADIAN PRESS

Contract

- ▶ The last contract expired on July 31 of last year.

Sunday's waterfront party



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Restoration program getting tapped out

► Former Carsand-Mosher building now has four new tenants ► Council will consider approving \$221,860 in grants and tax credits to Barrington properties



JENNIFER
TAPLIN
@METRONEWS.CA

A program that hands out tax credits and grants to help with restorations of historic buildings on Barrington Street is so popular it's getting tapped out.

Three more properties are requesting grants and tax credits under the Barrington Street Heritage Conservation District Incentive Program: the former Carsand-Mosher building at 1559, the former Brander Morris building at 1566, and the former G.M. Smith building at 1717 Barrington St.

Halifax regional council will approve or deny the applications during their meeting tomorrow.

"Heritage buildings are expensive to renovate and try to make aesthetically pleasing," said Halifax Downtown Coun. Dawn Sloane yesterday. "And we wanted to encourage people to move their shops back into the downtown core."

Since the program started in 2009, 13 applications



Coun. Dawn Sloane

have been processed and received a total \$2.3 million from the municipality. That's more than two-thirds of the program's budget of \$3 million.

According to the staff report that council will consider tomorrow, it's a positive sign that bodes well for the restoration and revitalization of the Barrington district.

"It also indicates that there may be a need to increase the projected tax credit budget for future years, given that there are still a number of medium to large scale projects that

could make application in the remaining two years of the program," was written in the report.

Sloane said she has no problem with that and hopes council doesn't either.

"I think if they're seeing results like we are, it won't be that hard to extend this program," she said.

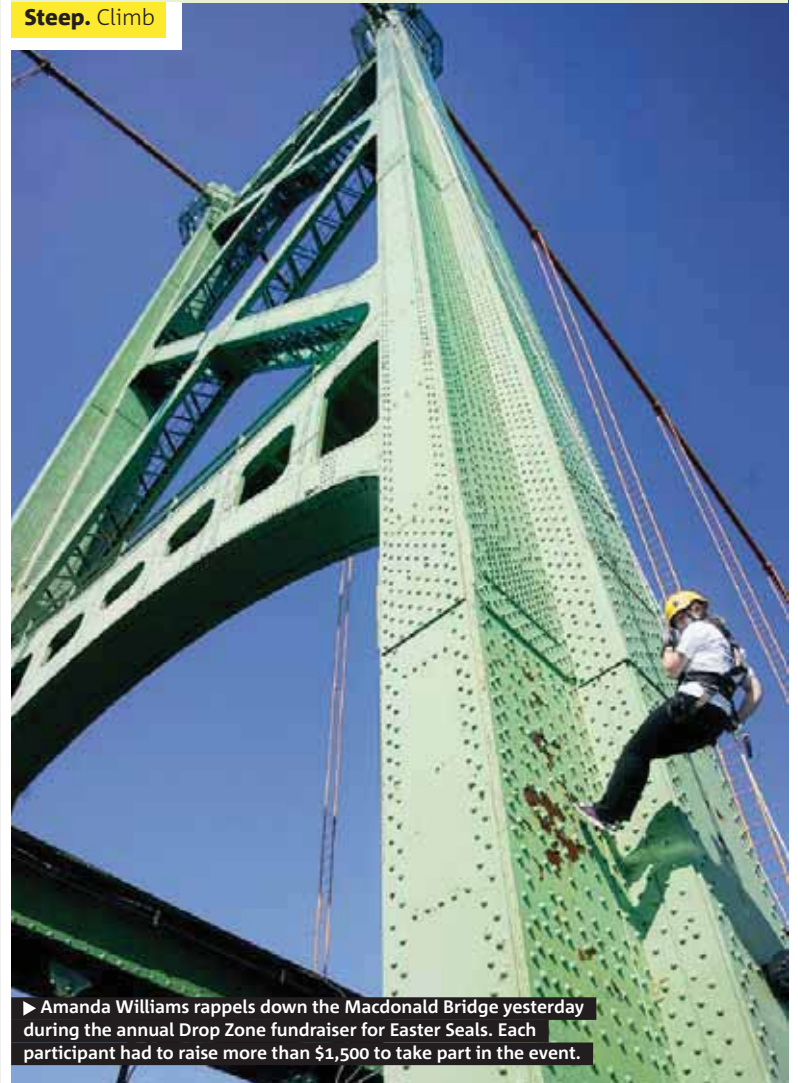
She added that once large-scale renovations on Barrington Street are complete, it will open up the upper floors for more office, commercial and residential use downtown.

Costs covered

The program provides:

- Matching grants up to \$100,000 for exterior restoration costs up to \$200,000.
- Tax credits for 15 per cent of exterior restoration costs of more than \$200,000.
- Waiver of building permit application fees.

Steep. Climb



► Amanda Williams rappels down the Macdonald Bridge yesterday during the annual Drop Zone fundraiser for Easter Seals. Each participant had to raise more than \$1,500 to take part in the event.

RYAN TAPLIN/METRO

Fundraising for Easter Seals

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Father faces charges in son's death

► Michael Dockrill made first court appearance Friday ► Police will only say victim, accused knew each other



RYAN TAPLIN/METRO

► Police investigating the fatal shooting back in June.

Halifax police say a man is facing charges including manslaughter in the fatal shooting of 20-year-old Michael Dockrill in June.

Police announced on Friday that 52-year-old Michael Dockrill is also accused of criminal negligence causing death, careless use of a firearm and a host of other firearms offences.

The Mounties have declined to describe the relationship between the accused and victim, but Metro Halifax has previously reported the suspect is the victim's father.

RCMP went to a home at 1398 St. Margaret's Bay Rd. in Lakeside on the evening of June 12 after receiving a report that two males wearing masks had broken in. Police say one of the intrud-

Manslaughter

► After the shooting, Michael Dockrill was taken into custody and later released, pending consultation with the Crown.

ers got into a fight with one of the residents of the home.

RCMP say during the altercation, shots were fired by another resident of the home.

Officers arrived to find the 20-year-old Dockrill dead, and a 52-year-old man was taken into custody.

Police said at the time that a "significant" amount of cash and marijuana was seized during a search of the home. ● METRO/WITH FILES FROM THE CANADIAN PRESS

Palliative home care gets boost

The Nova Scotia government plans to expand a program that covers the cost of drugs for palliative care at home.

Health Minister Maureen MacDonald said the program that is currently available in the Truro, Amherst and Pictou areas will apply to the entire province beginning Feb. 1.

There are no co-payment fees for the drugs.

MacDonald said the current program cost of about \$40,000 a year will rise to an estimated \$225,000 annually. More details on spe-



► Maureen MacDonald

cific drug coverage are expected to be available early next year.

"The cost of palliative care drugs for some people is prohibitive," MacDonald said.

"So this is very important. But it's only one piece of what's required. I see this as Phase 1 of being able to provide more palliative-care services in the home across the province."

She said the aim is to find more ways to help people who would like to die at home instead of in an institution. THE CANADIAN PRESS

Court OKs plan to pay mill debts

A Nova Scotia judge has approved a plan to pay a portion of the debts owed to wood suppliers and silviculture operators while a buyer is sought for a shuttered Cape Breton

paper mill.

The Supreme Court order would see the money come from the provincial government and a fund set up by NewPage, which closed its Point Tupper operation earlier this month.

The order creates two funds totalling more than \$2 million, from which woodland operators can seek payment for services they provided in the weeks

before the money-losing mill won protection from its creditors.

The company is currently operating under the Companies Creditors Arrangement Act and owes all of its unsecured creditors more than \$156 million, with some estimates indicating the company owed \$4 million to \$5 million to forest contractors. The funds will be ad-

Filing claims

► Mathew Harris, the monitor's spokesman, says the companies can file their claims starting next week.

ministered by the court-appointed monitor, Ernst & Young, which will oversee the repayments to the forestry companies.

THE CANADIAN PRESS

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Space-junk hoax makes headlines

**JEREMY NOLAIS
IN CALGARY**

Borrowing from a staged radio drama bought by many, a Calgary filmmaker perpetrated a space-junk hoax that sparked worldwide attention over the weekend.

Sebastian Salazar was watching his Twitter feed fill with discussion of NASA's dying Upper At-

mosphere Research Satellite (UARS) shortly before midnight Friday.

An anomaly over Okotoks, Alta., on one weather image sparked speculation that debris from the 6.5-tonne craft could land in the city south of Calgary.

One particular tweet expressing fear that aliens could be living in the satellite caught Salazar's atten-

tion, reminding him of Orson Welles' fake 1938 radio broadcast War of the Worlds, which led many to believe aliens had landed.

He pulled transcripts from the broadcast and began tweeting them out as live events occurring on a farm in the Okotoks area.

"People weren't even checking for legitimacy anymore," Salazar said.



► Sebastian Salazar

Oilsands protesters prepare for battle

► **Demonstrators receive tips on how to handle confrontation with authorities on Parliament Hill**

Protesters were already filing into Ottawa yesterday for a showdown with the federal government over its support for the oilsands and a plan to build a giant pipeline from Alberta to Texas.

After the high-profile arrest of celebrities and about a thousand activists in Washington last month for their attempts to stop approval of the Keystone XL pipeline, Greenpeace and other groups hope to gain similar notoriety in Canada with a civil disobedience protest on Parliament Hill today.

"What we see ahead is a catastrophe — a catastrophe for our grandchildren and their grandchildren," said Rosemarie Whalley, a senior citizen who came from Montreal. **THE CANADIAN PRESS**

Stars to attend

Stars such as Gordon Pinsent, musician David Biddi and indigenous celebrity Tantoo Cardinal are expected.

► Already the plans for a sit-in have had a polarizing effect, with both Prime Minister Stephen Harper and Natural Resources Minister Joe Oliver making a point of defending the pipeline late last week.

► The main argument against the Keystone XL pipeline is environmental. The pipeline would travel through six states, and also pass through the Ogallala Aquifer, a subterranean reservoir that provides water to Nebraska and seven other states.



► In this Aug. 30, 2011 file photo, actress Daryl Hannah is arrested by U.S. Park Police during a Keystone XL Pipeline protest in front of the White House in Washington.

Scientists against seal-cull plan

Two of Canada's leading marine biologists and a conservation group say a five-year proposal to slaughter 140,000 grey seals in the southern Gulf of St. Lawrence is being driven by politics, not science.

"I don't support it," said Hal Whitehead, a professor

at Dalhousie University in Halifax.

Boris Worm, a Dalhousie biology professor said former fisheries minister Gail Shea had said a cull was a good idea in 2009, and federal scientists have since been pushed to justify that decision. **THE CANADIAN PRESS**

News in brief

Man charged in wife's murder

JERSEY CITY, N.J. A New Jersey man has been charged with killing his Canadian-born wife after police found her remains in a cement-filled drum.

Prosecutors said Steven Acuna was charged after police found the re-

mains of Randy Lehrer in the basement of a Jersey City building.

THE CANADIAN PRESS

Parents drown trying to save kids

SAGUENAY, QUE. Two men and a woman drowned Saturday night trying to rescue their children from a river in Quebec's northeast Saguenay region. The children were saved. **THE CANADIAN PRESS**

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Saudi women get right to vote

► Women can vote, run as candidates for first time in history ► Reforms seen as giant step toward equality

HASSAN AMMAR/THE ASSOCIATED PRESS

Saudi King Abdullah announced yesterday that the nation's women will gain the right to vote and run as candidates in local elections to be held in 2015, in a major advancement for the rights of women in the deeply conservative Muslim kingdom.

In an annual speech before his advisory assembly, or Shura Council, the Saudi monarch said he ordered the step after consulting with the nation's top religious clerics, whose advice carries great weight in the kingdom.

"We refuse to marginalize the role of women in Saudi society and in every aspect, within the rules of



► In this file photo, Saudi women attend the traditional Arda dance.

Sharia," Abdullah said, referring to the Islamic law that governs many aspects of life in the kingdom.

The kingdom's great oil wealth and generous handouts to citizens have largely

insulated it from the unrest sweeping the Arab world. But the king has taken steps to quiet rumblings of discontent that largely centred on the eastern oil-producing region populated by the country's Shiite Muslim minority.

Abdullah said the changes announced yesterday would also allow women to be appointed to the Shura Council, the advisory body selected by the king that is currently all male.

The kingdom will hold its next municipal elections on Thursday, but women will not be able to vote or run in those contests.

THE ASSOCIATED PRESS

Ukraine. Pilgrimage

► Riot police detain a woman during a protest rally against a pilgrimage of Hassidic Jews in the town of Uman.



EFREM LUKATSKY/THE ASSOCIATED PRESS

Police arrest protesters in Ukraine

Authorities detained about 100 activists of Ukraine's nationalist party who protested the annual pilgrimage of Hasidic Jews in southern Ukraine.

Mass grave found in Libya

Libyan officials have discovered a mass grave containing the remains of 1,200 inmates killed by the regime of Moammar Gadhafi in a 1996 prison massacre.

A military spokesman and members of a committee tasked with finding mass graves said they were confident the field outside the walls of the notorious Abu Salim prison holds the remains of the prison massacre victims based on information from ex-regime officials who have been captured.

The find has symbolic importance for Libyans who are seeking justice for decades of repression and alleged crimes at the hands of the regime.

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Man survives four days in desert

A North Carolina man crawled four days across the Utah desert after breaking his leg on a solo hike inspired by a Hollywood movie about a man who cut off his own arm to save himself after being trapped by a boulder in the same canyon.

Amos Wayne Richards,

64, of Concord, North Carolina, is now recovering at home. He said he was inspired to hike Little Blue John Canyon after he saw the Oscar-nominated movie 127 Hours but fell three metres during his solo trek on Sept. 8.

Canyonlands National Park rangers found

Richards four days later. Along with the leg injury, he dislocated his shoulder but was able to work it back into place.

Richards was treated for the shattered leg and dehydration at a hospital in Moab, Utah, before returning to North Carolina to recover. **THE ASSOCIATED PRESS**



Sex victim sues Russell Williams

► Laurie Massicotte files \$7-million lawsuit against ex-army commander, his wife and OPP

The woman who was bound, stripped and sexually assaulted by Russell Williams has filed a lawsuit totalling more than \$7 million against the convicted killer, his ex-wife and the Ontario Provincial Police.

Laurie Massicotte, a former neighbour of Williams' in Tweed, Ont., filed a lawsuit to the Superior Court of Justice on Friday for damages including pain and suffering, the infliction of mental distress and loss of

economic advantage.

Last month, Massicotte told the *Star* that her "hell really began" when she called 911 after Williams' Sept. 30, 2009, attack.

Police told her she had to remain tied up in her home until an OPP photographer could document the scene, Massicotte said. She said she remained in her restraints for five hours.

The actions of responding officers — which she said included parading her

in a bathrobe in front of other officers, grilling her for details of the attack and taking her fingerprints — intensified her sense of violation, Massicotte said.

The allegations made by Massicotte have not been proven in court. The suit has not been served, and no statement of defence has yet been filed.

She earlier said the lawsuit was "not about the money. It's about justice."

THE CANADIAN PRESS

MEXICO MURDER

Tipster killed in Mexico

Police found a woman's decapitated body in a Mexican border city on Saturday, alongside a handwritten sign saying she was killed in retaliation for her postings on a social networking site.

The gruesome killing may be the third so far this month in which people in Nuevo Laredo were

killed by a drug cartel for what they said on the Internet.

The interior secretary of northern Tamaulipas state, where Nuevo Laredo is located, identified the victim as Marisol Macias Castaneda, a newsroom manager for the Nuevo Laredo newspaper *Primera Hora*. The newspaper has not confirmed that title, and an employee of the paper said Macias Castaneda held an administrative post, not a reporting job. The employee was not authorized to be quoted by name.

THE ASSOCIATED PRESS

Freed hikers come home

Two Americans held for more than two years in an Iranian prison came home Sunday, ending a diplomatic and personal ordeal with a sharp rebuke of the country that had imprisoned them after they hiked over the border from Iraq.

Joshua Fattal and Shane Bauer, both 29, were freed last week under a \$1-million bail deal and arrived Wednesday in Oman.

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Carney defends banking reform

- Says credit problem is one of demand, not supply
- U.S. considered most resistant to new rules

Canada's Mark Carney waded into the touchy and controversial issues facing the American financial system yesterday, dismissing concerns — or excuses — about banking reform.

Speaking at a financial convention in Washington, the Bank of Canada governor gave a spirited defence of new international rules, and chided resisters as mis-conceived or fatalistic.

He noted that such thinking led to abuses and excessive risk-taking that resulted in the recent collapse of the system, leading to a global recession still haunting economies today.

Carney's speech to the Institute of International Finance follows two days of



► Carney

meetings in which global policy-makers grappled with the recession's consequences and sought measures to prevent another.

Canada, along with the U.S. and some non-euro-zone countries, applied pressure on European leaders to commit to an expanded emergency fund.

Carney suggested the

fund should be about one trillion euros, more than twice the commitment. He added that it should not be forgotten what got the world into such a mess.

"Indeed, at a time when the conviction of policy-makers across a range of issues is being called into question, there appears to be little value in feeding this concern."

Carney also pointed out that it is a far greater probability that credit has slowed not because of a reluctance to lend, but because would-be borrowers can't afford more debt. The issue has been of households borrowing too much, not too little, he noted.

THE CANADIAN PRESS

Debt. Fight



► Rachael Pletz, right, holds up a sign as she and others participate in a march organized by Occupy Wall Street on Saturday in New York.

TINA FINEBERG/THE ASSOCIATED PRESS

Wall Street protest continues

About 80 people were arrested Saturday as demonstrators, camped out near the New York Stock Exchange, marched through lower Manhattan. The Occupy Wall Street protest, fighting against bailouts and the mortgage crisis is entering its second week. Police say the arrests were mostly for blocking traffic.

Merchant fights for asbestos

An asbestos merchant, Baljit Chadha, is headed to Parliament Hill this week to

fight back after Canada's asbestos sector has recently absorbed a public-relations pummelling, both here and abroad.

The Quebec government

will decide by Oct. 1 whether to help Chadha save one of Canada's last two asbestos mines, in the town of Asbestos.

THE CANADIAN PRESS

Boeing jet finally flies

Boeing's new 787 jet was released yesterday. It was delayed three years due to production and design problems. The new jets are said to offer more comfort, new routes and fuel savings. THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			\$3.72 (+ 2.0¢)
- 99.64 (11,462.87)	- 0.19¢ (97.14¢ US)	- \$2.10 US (\$78.41 US)	Gold contracts \$1,639.80 (- \$101.9)

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On October 1, 2011 Nova Scotia's minimum wage rates will increase.

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A LESSON TO BE LEARNED IN AFRICVILLE RELOCATION

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



No one asked them. Again. The real lesson of the original Africville relocation — which should be seared into our collective consciousness after 50 years of hard-learned-lesson living — is that outsiders, even well-intentioned ones, cannot make decisions for a community without at least asking the people of that community what they really want.

Back in the 1960s, many well-intentioned outsiders (and some, it must be said, not so well intentioned) believed Africville, a poor black community on the edge of Bedford Basin, was a blight and an eyesore, a health risk to its 400 inhabitants.

"Africville's residents never asked to be relocated. They liked their community precisely because it was filled with family, friends, neighbours and 'other mothers.'"

They unilaterally determined the families who lived there would be better off in massive new concrete-and-asphalt public-housing complexes.

So they grabbed their land for far less than its prime waterfront location should have commanded, eliminated Africville's traditional communal subsistence economy, moved residents in city trucks and dumped them in places

that were not their own — and expected a thank you for a job well done.

They didn't get it.

Africville's residents never asked to be relocated. They liked their community precisely because it was filled with family, friends, neighbours and "other mothers." They did want long-denied city services like sewer, water and fire protection, of course, but the city could have provided them for less than it cost to relocate the community.

No one had asked the residents what they wanted. Which is why "No More Africvilles" is still the looped refrain in Nova Scotia's remaining black communities whenever well-intentioned outsiders try to make decisions for them.

Now, another well-intentioned group, the Africville Heritage Trust, has decided it knew best who to hire to run the new non-profit group's Africville memorial.

They hired a white woman from out of the province. Even if the woman had turned out to be otherwise qualified — which, it now seems, she was not — the fact the community was not consulted made her a non-starter.

Last week, 200 members of the local black community voted unanimously to demand the trust find a new executive director. Belatedly, the trust de-hired the woman.

And unintentionally reminded us again that we still need to learn the real lesson of the Africville relocation.



Register at
metropolitanpanel.ca
and take the quick poll

How is money best spent when addressing traffic congestion?



Local tweets



► **@polar_bear949:** If u have never been to Moncton I can tell u one thing, it aint Halifax!!!!

► **@jamezfraser:** construction on a Sunday! that's ultra rare and it's even in downtown #Halifax (Barrington)

► **@jonehh:** @canadiancommish I hope you do a bit of lobbying in #halifax for a new stadium while you are in the region. It needs the support! #cfl

► **@isicymoon:** #Habs Game Day..well #Halifax fans

get those lungs ready for some serious cheering Go Habs! ♥ #Canadiens #MTL #GoHabsGo

► **@sorrenisler:** Sundays are for #wordonthestreet (#Halifax style) and working on cover letters and portfolio sites.

► **@erinberube:** My headaches have gotten way worse since I moved to Halifax. Wonder if they are climate related...

► **@ash_lecroy:** Beautiful Sunday in Halifax. Looking for an outdoor patio (coffee or beer) to take my computer and get some work done.

Final. Bullfight



► Bullfighter Jose Tomas performs during the last bullfight at the La Monumental yesterday in Barcelona. Starting today, Metro will select a photo from around the world and publish it in this space.

DAVID RAMOS/GETTY IMAGES

Photo of the day

Matadors drove killing swords into bulls for the last time in Spain's region of Catalonia in an emotional farewell fight before a regional ban on the country's emblematic tradition takes effect.

Don't have a condom? You could try this

On the occasion of World Contraception Day, Metro sat down with Prof. Robert Jütte, author of the book *Contraception: A history*, to talk about the history of contraception.

Egyptian style. "In ancient Egypt, crocodile dung was used as a pessary. It sounds weird and revolting,

but now we know that it's not as crazy as one might think as some of the ingredients change the pH value in the vagina to create a bad environment for the sperm."

Smooth condoms. "The first undisputed description of the condom — done by 16th-century Italian physician Gabriele Falloppio — mentioned it was made of cloth. This type did not feel very sensitive at all. In comparison, for a very smooth condom material, animal intestines or a fish's air bladder were used."

Ancient Rome. "Believe it or not, people did wear amulets like they do talismans as a means of contraception. Worn around the neck, these amulets contained ingredients we would describe as complete nonsense for a contraceptive."

Myths. "I once read in a British opinion poll that some women thought that by simply closing your eyes you can avoid conception. Other old-lady 'recipes' include washing after intercourse."

● METRO WORLD NEWS

AN OCEAN PLAYGROUND AND SO MUCH MORE

SKY'S THE LIMIT WHEN IT COMES TO NOVA SCOTIA'S HOME-GROWN TREASURES

Billed as Canada's "ocean playground," Nova Scotia boasts 7,600 kilometres of seacoast. From white sandy beaches and smooth cobblestone beaches to stretches of red sand along the Northumberland shore, each of the province's 125 salt and freshwater beaches is popular for kayaking, surfing, swimming or beachcombing. But there's much more to Nova Scotia than its oceans, rivers and lakes.

Music

From Cape Breton's annual Celtic Colours

International Festival of music in October to the Halifax Jazz Festival every July, there's a concert taking place at any given time for every musical taste, including bluegrass, country, folk, classical, pop and rock. Just pick your performance, buy a ticket and get ready to tap your feet and clap your hands.

Food (and drink!)

While it's true that Nova Scotia has a global reputation for lobster, many other delicious things to eat are grown or raised here. From farms come a wide variety of fruits, vegetables, poultry, beef, pork and dairy. Farmers' markets across the province sell much of this fare, as well as artisanal chocolates, baked goods, ice cream, breads and preserves. To wet your whistle, Nova Scotia boasts more than a dozen wineries

and almost as many microbreweries and brewpubs.

Friendly folks

Nova Scotians are world-renowned for the warm welcome they offer visitors at the best of times, never mind the worst. This was never more evident on Sept. 11, 2001, when 47 planes were diverted from American airspace to Halifax Stanfield International Airport, stranding more than 7,000 passengers for a few days.

Residents in the Halifax Regional Municipality opened their hearts by inviting some of the passengers into their homes, giving them shelter, food, clothes and comfort, even taking them sightseeing in an attempt to make the best of a tragic situation. Hundreds of volunteers did shifts at makeshift shelters.

It's that inherent sense of generosity and kindness that makes Nova Scotians who they are — and incredibly proud of their province.

FAMOUS NOVA SCOTIANS

• Singers/musicians

Sarah McLachlan, Anne Murray, Rita MacNeil, George Canyon, The Rankin Family, Joel Plaskett, Matt Minglewood and Sloan, and fiddlers **Natalie MacMaster** and **Ashley MacIsaac.**

• The NHL's **Sidney Crosby, Brad Marchand, Bobby Smith** and **Al MacInnis.**

• Actors **Donald Sutherland, Ellen Page** and **Mike Smith** (a.k.a. Bubbles from Trailer Park Boys).



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Windhorse Farm offers a very peaceful and natural setting.

WINDHORSE FARM: A 170 YEAR-OLD MODEL OF SUSTAINABILITY

Windhorse Farm is a special place. Located a little over an hour from Halifax in Lunenburg County, it's an earth stewardship training centre whose purpose is to protect, enrich and offer to others a place within which people can discover their own natural healthiness and their deepest connection to all other beings.

Windhorse Farm is about connecting with what matters most. It is a place for people to gather, study or reconnect with the natural world. There are on-site accommodations and meeting facilities available

for use by individuals, families, businesses and organizations.

Sustainability is front and centre at the 250-acre property.

"One of the big issues in the world is that carbon budgets are all out of balance," says Jim Drescher, the co-director at Windhorse Farm.

Simply put, society is emitting more carbon dioxide than is being captured by green plants. The resulting climate change means disruptive weather patterns: increasingly frequent and severe storms,

flooding and drought. Part of Windhorse Farm's mandate is to demonstrate how balance can be restored.

One solution is to capture more carbon emissions.

"That's primarily a forestry issue and Windhorse Farm is the longest standing demonstration of sustainable forestry in Canada," says Drescher. "For a long time, Windhorse Farm has been demonstrating how to maximize carbon sequestration through forestry practices."

The other option is to reduce carbon

FARM REDUCES TRANSPORTATION EMISSIONS

As part of its efforts to reduce carbon emissions, Windhorse Farm has a creative approach to transportation, which is a significant carbon emitter.

In addition to its increasing use of horse power, Windhorse Farm has in place a very creative incentive system to encourage visitors to get there with a minimum "carbon cost." Credits are awarded to folks who get there in "carbon smart" ways. This can significantly reduce the cost of their accommodations and program fees.

dioxide emissions. Since power plants are a major emitter, conserving electricity is essential. Another option is generating non-carbon burning electricity.

"Solar and wind are the two energy sources we're using," says Drescher.

In addition to the off-grid solar cabins now in place, Windhorse Farm will be installing approximately 200 solar panels within the next 12 months in a grid-tied system to offset all the electricity used on the farm through its seven electrical metres to meet its goal of electric neutrality.

A place and a path of celebration

Windhorse Farm is a fantastic place to hold a meeting, a family gathering, or a once-in-a-lifetime celebration.

Come enjoy the natural beauty, comfortable accommodations, amazing locally grown organic food and the very friendly people.

We offer a diverse array of educational programs in leadership, land stewardship, and sustainability.

Sufficiency, stillness, impermanence, diversity, kindness, humour, and natural wealth; the experience of nothing missing.



WINDHORSE FARM



(902) 543-6955

New Germany, Nova Scotia

www.windhorsefarm.org

PUTTING THE ENVIRONMENT FIRST, BEBBINGTON INDUSTRIES PRODUCES ENVIRONMENTALLY SAFE CLEANING PRODUCTS

While the words "down east" might conjure up images of the east coast for some, Down East is also the name of a line of home cleaning products from local company, Bebbington Industries.

"We are a Nova Scotia manufacturer," says owner Tony Bebbington with pride.

The company produces between 700,000 to 800,000 litres of cleaning products every year from its production facility in Burnside. Concern for the environment

is a cornerstone of the company's operation and it has been that way since its inception in 1992. The company designs its products to be as safe as possible for the environment.

"We were the first company in Canada to get EcoLogo certification of our cleaning products," notes Bebbington.

In 1996, Down East All Purpose Cleaner was certified by Environment Canada to carry the EcoLogo, which certifies that the product meets "stringent standards of environmental leadership," says the EcoLogo program's website. Other Down East products also carry the EcoLogo.

In 1998, the company received a national award from the Canadian Council of Ministers of the Environment for its recycling programs.

The Down East product line is geared towards the consumer and covers one's entire home cleaning needs. Besides the all purpose cleaner, there is also a dishwashing detergent, a tablet for dishwashing machines, bathroom cleaner, laundry soap, cream cleanser and hand soap.

The Down East products can be found in retail stores across Atlantic Canada. Including specialty and health food stores

and leading supermarkets such as Co-op, Sobeys and Superstore.

Bebbington Industries also manufactures a wide range of commercial cleaning products that are used in a variety of markets and industries, including the industrial and marine markets, the offshore, food service and the cleaning industry.

Bebbington is a firm believer in the importance of regional manufacturing for many reasons. This includes the reduced environmental emissions, as well as the economic importance of supporting the local economy.

"Why export jobs?" he asks.



PRACTICING WHAT IT PREACHES

As a local firm, Bebbington Industries believes in supporting the local economy.

"We're a local manufacturer," says owner Tony Bebbington. "You can't expect people to support you if you don't support them."

Some of the local manufacturers and companies he works with include Precision Data Label in Truro, Scotia Plastics in Shubenacadie, START Communications in Pictou, and in Dartmouth, Advocate Printing, Maritime Paper, Royale Print and Packaging and Trans Industrial Packaging.

"All of these companies do great work at competitive prices," says Bebbington.

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Bebbington Industries, 44 Wright Avenue, Dartmouth, Nova Scotia Phone: 902 468 8180 Fax : 902 468 8559
See our Catalog on line at www.bebbingtonindustries.com



When you're building your new home, going for the gorgeous granite countertops and beautiful hard-wood floors may seem more appealing than investing in a good building envelop and solid windows, but you can have both if you do it in the right order.

Paul Pettipas, CEO of the Nova Scotia Home Builders' Association, points out that the money you save on the energy-efficient measures through lower utility bills can be

saved up to add in the finishes down the road.

"The most cost-effective time to do energy upgrades is when you build," he says. "You could save anywhere from \$70 to \$100 a month on your utility. This is the fantastic part about building an energy-efficient home. It's one of those things where if you build it, you're going to get your money back."

Location is also a key component to improving energy efficiency. If you can build in a south-facing location with no major obstructions from tall buildings or trees, solar panels can pre-heat your water and even generate electricity.

Good windows are also important. The north-facing side of the home could have a triple-glazed low-E glass with argon windows to reduce heat loss. The other three

sides could use double-glazed low-E glass with argon.

Pettipas says in the future, all homes should be built to such a high standard.

"What this is all about is showing people what you can do," he says. "Energy isn't getting less expensive. The cheapest form of energy is always going to be what you don't use."

If you make it highly energy efficient up front, you'll save a huge amount of money over the life of the home.

REDUCE YOUR FOOTPRINT

Many people are concerned about reducing their carbon footprint. Building an energy-efficient home is one of the best ways to do that. A home built to the standard of the Efficiency Nova Scotia Demonstration Homes will save upwards of ten tonnes of greenhouse gas a year.

"You can reduce greenhouse gas emissions and you can save money at the same time. There's really not a lot of things in this world where you can get both," says Paul Pettipas. "It's a win-win situation."



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start October 1st!

Dartmouth & Sackville Demonstration Homes
open for public tours every Saturday & Sunday
from 1-4 pm starting Saturday, October 1.
Visit our website for updates and project details.

902-450-5554 • demonstrationhomes.com



SEE WHAT'S POSSIBLE IN NEW HOME CONSTRUCTION

The best way to save money on your heating and power bills is by building an energy-efficient home. Starting Oct. 1, members of the public can tour two

Efficiency Nova Scotia Demonstration Homes that showcase some of the new ways design and technology are being used to make greener homes.

The two demonstration homes are built to a minimum EnerGuide rating of 92 and will highlight what is possible in new home construction.

Paul Pettipas, CEO of the Nova Scotia Home Builders' Association, says the houses are built tight and well insulated. "If you build a house correctly, if you build the house to be very energy efficient, your heating system becomes secondary," he says. "These houses have a lot of things going for them."

One home is located in Dartmouth and the other in Lower Sackville. Both will feature the latest energy efficient systems, materials and components and will serve as local benchmarks for energy efficient home design and construction in the future. In addition, both homes will be a part of the Performance Plus program. Each phase of construction will be documented and displayed throughout the building process. Pettipas says a key component is a good "building envelop" in the walls, where an insulated ten-inch cavity offers a complete thermal break. The cold stays out and the heat stays in.

A drain-water recovery system attached to the waste-water pipe taps into the

BEHIND THE BUILD

The Dartmouth demonstration home was built by Whitestone Developments and is at 37 (Lot 59) Viridian Dr. Willow Ridge Subdivision, Dartmouth. The Sackville home was built by Denim Homes and is at Lot 433 Hanwell Drive, Sunset Ridge Subdivision, Lower Sackville. Photos, videos and more information on both can be seen at <http://demonstrationhomes.com>.

grey water — runoff from showers, dishwashers, and so on — to retain the energy of the departing hot water.

From the outside, visitors will immediately notice the 16 photo voltaic and solar hot water panels on the roof. They pre-heat the water going into the domestic system, cutting down on bills. They also produce electricity, which can be used at the house or put back into the grid for a credit against your power bill. "We're all used to paying for our electricity — wouldn't it be nice to actually produce your own electricity and get some credit back?" Pettipas says.

Come experience the future of housing in Nova Scotia.

The **Efficiency Nova Scotia Demonstration Homes** are being hailed as the most energy-efficient residential homes in the province!

Come see for yourself the energy-efficient construction, products and components that combine to give these homes the best energy-rating currently on the market.

Dartmouth Home

Willow Ridge Subdivision,
37 (Lot 59) Viridian Dr.
Dartmouth

Built by:
Whitestone Developments

Sackville Home

Sunset Ridge Subdivision,
Lot 433 Hanwell Dr.
Lower Sackville

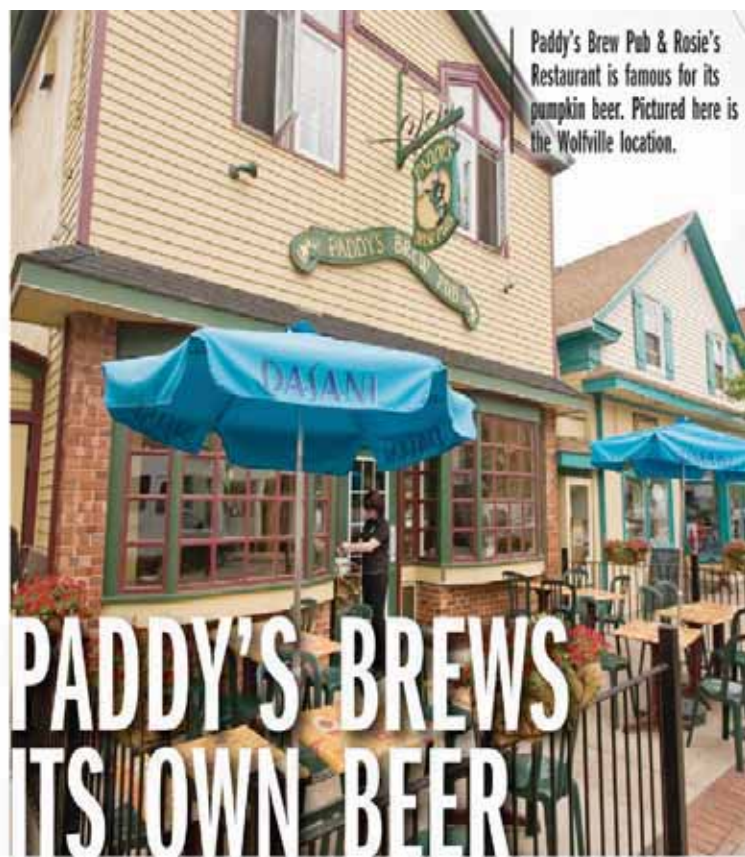
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Open to the public on Saturdays & Sundays 1-4 pm
October 1 - December 11

For location maps and directions see our website



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Paddy's Brew Pub & Rosie's Restaurant is famous for its pumpkin beer. Pictured here is the Wolfville location.

The annual fall Pumpkin People festival in the Annapolis Valley has become a staple day trip for many Halifax residents — but

have you ever tried pumpkin beer?

Paddy's Brew Pub & Rosie's Restaurant, which has locations in Kentville and

Wolfville, takes pride in brewing its own beer and creating its own meals. It draws both from the rich land of Nova Scotia.

General manager John Fitzgerald says they've operated their brewery for 15 years and a tour of the facility is part of a great trip to the Valley in Harvest Festival. "We make the beer entirely from scratch," he says.

That includes its famous pumpkin beer. "Of course we'll be using Valley pumpkins," he says. "It's a nice, light, multi-sweetness with a subtle touch of pumpkin pie."

The Kentville location, at 42 Aberdeen St., and the Wolfville location, at 460 Main St., both have superb Valley food. Fitzgerald highlights the restaurant's hamburgers. "We get our beef from Getaway Farm and it's a Valley-raised, natural, Nova Scotia grass-fed beef," he says.

Fitzgerald particularly recommends the Havarti Meltdown hamburger served at Paddy's & Rosie's Wolfville. "It's a great example of what the Valley has agriculturally," he says. "If you have it with our pumpkin beer, you've got a pretty unique meal."

Homemade sausages are also a delicious treat, as are the authentic pulled-pork sandwiches.

Both locations offer fantastic live music. At the Kentville bar, Thursday nights feature the Hupman Brothers Blues Jam. The Wolfville pub has a Sunday night ceilidh with local musicians playing Maritime music. Monday night opens up to local talent for a "celebration of music." A different Nova Scotian artist is featured every Saturday night.

"It doesn't get any more real than that," Fitzgerald says.

Kentville's Pumpkin People festival is themed Heroes vs Villains this year and runs Oct. 1 to Oct. 25.

DID YOU KNOW?

Paddy's Brewery poured its first batch of handcrafted beer in 1995. Since then, it's produced more than one million pints of all-natural ales and lagers. All of the beer is brewed on-site using the best domestic and imported malts, the finest hops available and pure water.

In addition to seasonal specials like pumpkin beer, year-round favourites include Annapolis Valley Ale, Acadian Cream Ale, Raven Ale, Chimney Swift Stout and Gaspereau Lager. All are available at the Wolfville and Kentville pubs.

Irish Charm • Friendly Staff • Brewpub • Hearty Entrees



Step inside and sample our latest fall creations!

In celebration of the great golden gourd, our master brewer has crafted Paddy's Pumpkin Ale. Made with Valley Pumpkins, wholesome barley and choice hops.

Available on tap this October at our two great locations:

Main St, Wolfville • 902.542.0059
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Sylvain Allaire and Tanya Sieliakus are the driving forces behind HR pros.

HELPING BUSINESSES SUCCEED

More than 85 per cent of all businesses in Nova Scotia have fewer than 50 employees with revenue less than \$5 million.

Working with small businesses was the inspiration that led to the creation of HR

pros; a niche human resources management (HR) consulting firm.

"We're able to provide world-class, strategic HR advice and practices to small organizations who wouldn't otherwise have

access to senior level HR support," says Tanya Sieliakus, HR pros' vice-president of consulting services.

Another motivating and more personal factor behind HR pros is the desire to help grow the provincial economy.

"Nova Scotia is home," says Sieliakus. "If our economy is strong and vibrant, then our children won't have to leave to find employment. It's that simple."

Running a small business is no easy feat and once a firm hires its first employee, it has a new set of legal, labour and safety obligations to operate under. HR pros' helps small businesses negotiate these obligations.

Sieliakus says the warning signs for when a company needs HR assistance are when the owner is spending more time managing HR issues than working on growing the company's business.

When it comes to safety, the tipping point is 19 employees because a joint occupational health and safety committee and formal safety programming is required. Sieliakus says safety is especially sensitive in Nova Scotia given the province has traditionally had some of the highest workplace accident rates in the country and

EXPLORING WORKPLACE ISSUES

On its website, HR pros (hr-pros.ca), has a blog which explores employment and safety issues.

"We look at what's going on in our local and national environment," says Sylvain Allaire, HR pros' vice-president of sales and marketing. "Our clients need to know about new and emerging HR and safety practices and issues so we blog about these."

Recent blogs include how to treat statutory holidays and an overview of what has changed in the safety environment here in NS.

the province has gotten very serious about companies' safety.

Twenty years ago, companies with access to the most capital had the competitive business advantage. Ten years ago, it was companies with access to the best technology. Today, because of complex labour market and legislative conditions, companies with solid HR practices have that advantage.

Strategic HR is crucial to the bottom line success of businesses, regardless of size.



Connecting Businesses with Their People.

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NOT YOUR AVERAGE CHAIR

Within Burnside, there's a manufacturer that is truly one of a kind.

"We are the only manufacturer of office chairs in Atlantic Canada," says Joan Downing, the co-owner and president of Chairs Limited.

From its production and sales facility on Ilsley Avenue, Chairs Limited sells high-quality ergonomic chairs that are customized to fit people's needs and body types.

"Every chair is made to order," says Downing.

Besides being customized in terms of the

fit, people are able to pick the fabric finish and colour of the chair.

The try before you buy approach is especially important in selecting a chair.

"It's like ordering shoes from a catalog," says Downing, noting that shoes and catalogs don't usually mix well.

In today's workplace, people are increasingly stationary and aren't spending time at photocopiers and filing machines like they once did. As a result, this places an increased importance on having the right posture and equipment. Having a work

setup with the correct ergonomics is crucial for employees to be healthy, happy and productive.

Besides chairs, Chairs Limited also sells ergonomic accessories and casegoods. This allows for one-stop shopping for its client base.

In addition to working with individuals, the company also does a lot of work with chiropractors, occupational therapists, physiotherapists and kinesiologists.

In an age of time where much industrial production has moved overseas to save a

few bucks, all of Chairs Limited's chairs are produced on site in its ISO 9001:2000 compliant facility using North American parts.

"We can do it here," says Downing. "We don't have to outsource to other jurisdictions."

The chairs are backed by a five year parts and labour warranty, with all service taking place in house naturally. With production also being on site, it means that the parts needed for a repair are in stock.

GIVING BACK

When upholstering chairs, Chairs Limited is only limited by its imagination. As an example, co-owner Joan Downing recently decided to cover a chair in yellow flowers and was inspired to also do one with pink flowers.

The chair looked very similar to the colours of the Canadian Breast Cancer Foundation, so Downing called up the Atlantic chapter and donated the chair so it could be used as a fundraiser item for breast cancer research.

"It's giving back, like we should all be doing," says Downing.



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► Comedian Russell Peters co-stars in Breakaway.

Peters dares to dream

► Comedian Russell Peters takes on the big screen in Breakaway ► Film about an Indo-Canadian hockey team a broader story of a regular guy with a dream



STEVE GOW
SCENE@METRONEWS.CA

Russell Peters may have mastered the comedy stage by selling out concerts (including Madison Square Gardens) around the globe but conquering Hollywood has taken a bit longer.

"The challenge for me has been getting the right roles," explained the Toronto native recently. "I've been offered a ton of (movie parts) but do I want to play the 7-11 guy or the

taxi guy? Hence my movie career has been slower than most."

Things may be changing for the man who has sold hundreds of thousands of his comedy DVDs. Now co-starring in this Friday's release of Breakaway, Peters has found his place in what's likely the first-ever film about an Indo-Canadian hockey team.

"I'd like to say that I was the seed for (Breakaway) because I used to do a joke about an all-Indian hockey team," said Peters. "I used

Life of laughs

Why Russell Peters will never quit stand-up comedy:

► "Stand-up comedy is not one of those things you choose to do, it chooses you. If I have time off, my immediate reaction is I need to get on stage — it doesn't matter where it is."

to do a joke about the Toronto Maple Sikhs and

(writer and star Vinay Virmani) even told me that's what gave him the idea for writing this film."

It's an obvious point of pride for Peters, even if playing Canada's national sport isn't.

"I can't stand the game," said Peters. "There's a whole generation of Indo-Canadians that grew up loving hockey. I would go out and say I'm very much in the minority for not liking hockey."

Instead, Peters offers that he related to the

film's central story about a striving first-generation Sikh athlete who must deal with issues of family and identity in discovering his life's ambition.

"It's really about the immigrant experience and it just happens to circle around this particular group," said Peters.

"But it's the same story for every first generationer. And even if you're not a first-generation immigrant family, you can still relate to it — it's about a guy with a dream."

All my children leaves TV

► TV execs consider soaps a losing cause ► Show may continue online

CHARLES SYKES/THE ASSOCIATED PRESS



► Fans gather to watch the final episode of All My Children at Blondies Sports Bar Friday in New York.

Tissues were on hand but there were few tears among two dozen soap opera fans gathered to watch All My Children sign off from ABC on Friday after more than 40 years. That's because the screen faded to black with a gunshot and a cliffhanger — an indication that the story may not be dead, even

if the television series is.

ABC has licensed the story to a production company that is hoping to keep the All My Children going online after the first of next year. Carolyn Hinsey, author of Afternoon Delight: Why Soaps Still Matter, organized a watching party at a Manhattan sports bar as a

message to television executives who think soaps don't matter anymore.

Two of ABC's three daytime dramas, All My Children and One Life to Live, were cancelled this year.

"The soap fans are still there," said Marie White, who drove in from Baltimore for the party. "It's just that Nielsen doesn't count them." Nielsen, the television ratings company, doesn't count White. She keeps up with her favourites online these days.

THE ASSOCIATED PRESS

2
scene

Box office



Studio estimates Sunday put Walt Disney's The Lion King reissue at No. 1 again with \$22.1 million. That puts it just ahead of Pitt's baseball drama Moneyball, a Sony Pictures release that opened at No. 2 with \$20.6 million. Debuting closely behind at No. 3 was the Warner Bros. family film Dolphin Tale with \$20.3 million.

THE ASSOCIATED PRESS



Malkovich says playing aging Siberian mobster in U.S.-Italian movie was 'delightful.'

Lindsay's in a relationship — let the drama begin

► Actress is reportedly seeing a New York hotel magnate
 ► Rumour has it that she and his wife haven't really hit it off

Lindsay Lohan is reportedly clashing with her rumoured new boyfriend's estranged wife, according to the New York Post.

Lohan is said to be dating New York hotel magnate Vikram Chatwal and even staying at his house, though she was reportedly instructed to make herself scarce before Chatwal's wife, Priya

Sachdev, got back to town.

A miffed Lohan then reportedly confronted Chatwal at a dinner he was hosting at his hotel.

"Priya was very dignified, but Lindsay was so rude," a source tells the newspaper.

"She acted as if she'd had no idea Vikram was married and tried to make



► Lindsay Lohan

it clear that Vikram was her friend. Others had to step in to calm things

down." Lohan's rep insists the two are not romantically involved. ● METRO

Biebs is a real Casanova

Justin Bieber knows how to wow a lady. After catching a concert by Demi Lovato with girlfriend Selena Gomez at L.A.'s Nokia Theater, the Canadian pop star brought Gomez next door to the Staples Center,

where they watched Titanic — with the whole arena to themselves, according to People magazine. But renting the place out for the night didn't cost Bieber a dime, as the Staples Center's managers were

grateful to Bieber for previously selling out the venue three times.

"Romance isn't dead," the singer posted to Twitter the day of the date. "Treat your lady right, fellas."

● METRO



► Selena Gomez and Justin Bieber

Celebrity tweets



I'm at LAX for flight to Minneapolis. Noisy, busy and irritating. And so is the airport. Oy.



@CraigyFerg

@MissKelly0

only my dad would text me at 11pm to go get him some 'strong coffee beans' where the hell do i get strong coffee beans at 11pm! & why???



@JimCarrey



New Yorkers have a tough rep but the fact that so many of 'em live so close without bashing each other over the head amazes me.

@Pink



It's women like Bachmann and Palin that set the rest of us back a hundred years.

Kate Winslet hooks up with a 'boy toy'

Kate Winslet is reportedly dating Richard Branson's nephew, Ned Rocknroll, and the pair are currently vacationing in the English countryside, according to Us Weekly.

"Ned is really happy with Kate," the source says, adding that Ned, who is only two years younger than Winslet, feels the actress is "mature and has it all together. [Ned] feels he can learn so much from her. It's sexy — a boy toy situation!" ● METRO



► Kate Winslet

HUGH JACKMAN

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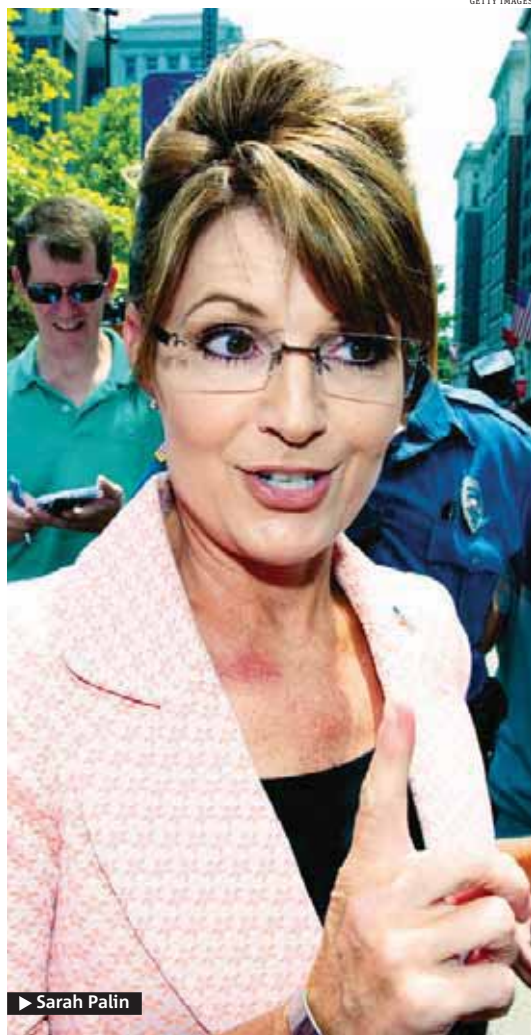
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e one entertainment

Is Sarah Palin a bad mom?

► A new book alleges so
► Parenting expert Tanith Carey shares what moms should do if they're faced with similar situations



► Sarah Palin

GETTY IMAGES

The Rogue, a controversial new book by journalist Joe McGinniss, paints Sarah Palin, the former Alaskan governor, as a coke-snorting, sexually loose harri-dan. It's unflattering, especially for a mother of five.

We shared some of the most-headline-making accusations with Tanith Carey, a family expert, journalist and author of *Where Has My Little Girl Gone?* Moms out there might find themselves in similar situations. What should they do?

Palin may have done drugs in the past

The book alleges Palin snorted cocaine off an oil drum during a snowmobiling trip.

SAYS CAREY: "If you did take drugs, explain they always carry the danger that they can make you behave in a way that is out of control, could earn you a criminal record or ruin your career. They also carry the risk of addiction. Explain why and how you made the decision to stop taking them — and make it clear what your attitude is to them now."

She may have had an affair while married

... allegedly with her husband's business partner, although all parties have denied this.

SAYS CAREY: "Children have

keen antennae and it's very likely they have already guessed there is something wrong, so be honest. Don't try and justify it — or get them to see your partner as the villain. Expect to face a lot of anger if you are the person who cheated in a marriage, as kids will see it as an abandonment of them, as well as your spouse. But keep them talking."

She may have been sexually promiscuous

... allegedly with Miami Heat basketball star Glen Rice.

SAYS CAREY: "If you are asked about your sexual history, the best policy is to be truthful and tell them about your own experiences in an age appropriate way. But also underline how important sex is at its best as part of a meaningful long-term relationship. Explain that it's never a good idea to use sex to validate yourself or fix an insecurity — as it rarely works."

She would reportedly leave her kids to "fend for themselves"

One source reportedly tells McGinniss: "I'd walk into that kitchen and Bristol and Willow would be sitting there with a burnt pot of Kraft mac and cheese on the stove ... and Sarah would be up in her bed-



"If you are asked about your sexual history, the best policy is to be truthful."

TANITH CAREY

room with the door closed saying she didn't want to be disturbed."

SAYS CAREY: "Of all the accusations, this is potentially the most damaging. It is at the serious end of spectrum of accusations that are levelled against mothers. As such, it's also most likely to cause the most long-term damage to the parent-child relationship because it implies neglect, which goes against all we expect from parents. In Palin's case, it would very much depend on how often this happened and how old her kids were at the time — and what the risks to them were. But we do live in a society where mothers are expected to wait on kids hand and foot from the tweens and beyond — and that is not good for their independence or self-esteem. Mothers also need to be able to acknowledge that they need down-time too." **● SAM CASTONE**

3
life

Out, I say

Remove even the toughest stains like red wine, grass and blood the first time.

- **DON'T** — Rub the stain. This will cause the stain to penetrate further into the fabric.
- **DO** — Dampen the stain using only cold water. For blood stains gently place salt onto the area and fold the stain letting the salt absorb. When the blood is nearly gone, launder in cold water with a detergent that works in cold water. **NEWS CANADA**



Patients would have a 'medical home' under system envisioned by family doctors

You see programs that help your child learn teamwork and social skills; they see a...



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Easy, healthy pizza pockets

► Serve a snack kids love — but without all the fat and calories

This recipe is fast, easy, and it replicates a convenience food your kids will love, and that you can feel good about.

Preparation:

1 Heat oven to broil. In a small saute pan over medium heat, cook sausage until cooked through, using a wooden spoon or spatula to break it into crumbles as it cooks. Drain off any fat.

2 In a medium bowl, mix zucchini, mozzarella, marinara, basil and cooked sausage. Place flattened bread on a work surface. Spoon zucchini mixture evenly in middle of each piece of bread. Fold one corner of each slice to opposite corner and seal edges by pressing with a fork. Trim off excess crust.

3 Place pockets on a baking sheet. Lightly spray both sides of each pocket

Ingredients:

- 1 link raw Italian turkey sausage, casing removed (about 125 g/4 oz)
- 1 small zucchini, coarsely shredded
- 60 g (2 oz) fresh mozzarella cheese, coarsely shredded
- 125 ml (1/2 cup) no-salt, no-sugar, fat-free marinara sauce
- 12 leaves fresh basil, torn into bite-size pieces
- 8 slices whole-wheat bread, flattened with a rolling pin
- Extra-virgin olive oil cooking spray

et with olive oil cooking spray. Place on a rack 10 to 12 cm (4 to 5 inches) under broiler and broil until browned and crisp, 2 to 3 minutes. Flip each pocket and then brown other side under broiler, 1 to 2 minutes more. Makes 4 servings (2 pockets per serving).

THE ASSOCIATED PRESS



► You can hide the nutrition in these pizza pockets.



MATTHEW MEAD/THE ASSOCIATED PRESS

Rose Reisman's Swap It



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Celery root brings out flavour of salmon

Celery root sounds like it's the root of the green stalks most people are familiar with.

But while they may taste alike, you'll never confuse celery for celery root in the store. Celery root is gnarly, knobby and, quite frankly, unattractive. But peel away the tough outer skin and that ugliness gives way to a fresh taste that can add flavour to everything from salads to stews.

In this recipe for smoked salmon salad, celery root is matched with apples for a delicious low-calorie main dish salad.

Preparation:

1 In a large bowl, mix together yogurt, tahini and

the reserved ginger liquid. Season with salt.

2 Add apples, celery root and ginger. Toss gently to coat the apples and celery root evenly. Set aside for 5 minutes.

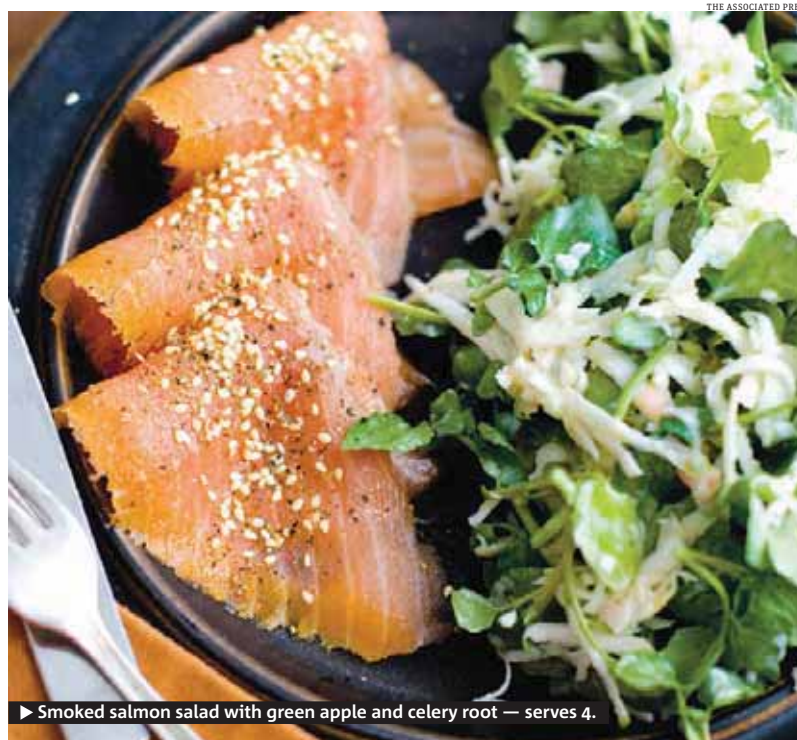
3 Meanwhile, divide the smoked salmon between four serving plates. Sprinkle the salmon with the sesame seeds, then season with black pepper.

4 Add the watercress to the apple and celery mixture and lightly toss to coat with the yogurt sauce. Divide the salad between the serving plates, mounding it next to the smoked salmon.

Ingredients:

- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 10 ml (2 tsp) tahini
- 22 ml (1 1/2 tbsp) pickled ginger, roughly chopped, plus 15 ml (1 tbsp) of its liquid
- Salt, to taste
- 2 Granny Smith apples, grated on a box grater
- 1 medium celery root, peeled and grated on a box grater
- 225 g (8 oz) cold smoked salmon (lox), thinly sliced
- 10 ml (2 tsp) sesame seeds, lightly toasted
- Ground black pepper, to taste
- 1 L (4 cups) watercress

THE ASSOCIATED PRESS



► Smoked salmon salad with green apple and celery root — serves 4.

THE ASSOCIATED PRESS

Leaving the leaves alone

► Find out why it's better to not get rid of your leaves by bagging them ► It can save time, money and energy



Welcome to autumn. The leaves are changing, and soon lawns and yards across Canada will be covered with an eye-catching tapestry of orange, red and yellow — that will have to be raked up. Or will it? Leaves are organic. They degrade into rich, useful compost and fertilizer. What happens if we all just ... leave the leaves?

"The biggest problem is, if the leaves are big, say from a maple tree, they can suffocate the lawn," says garden expert Jeff Mason, a frequent contributor to Canadian Gardening and other magazines. "Usually what we do with leaves like that is run the lawnmower over them, so they get all chopped up. And then they just stay on the lawn, or they can go in to the garden."

No raking, no bags — and especially no hauling them off to the local landfill.

"Something in the neighbourhood of 40 per cent of the nutrients that a tree produces in a year are in those leaves that we rake up and throw away," says Mason. "If we just allowed the leaves to stay on the ground, or in the garden bed, this is what feeds and fertilizes trees in nature — their falling leaves."

If you happen to like raking, you can also compost leaves by simply mak-



In your city

What to do with your leaves

► **Leaves** Leaves and yard material are included in the City of Halifax's Green Cart recycling program. Excess material can be placed alongside the cart using orange or clear plastic bags or heavy paper bags, with a limit of 20 per household.

ing a big pile of them at the back of your yard. They'll rot down over the winter, and be ready to nourish your grass, trees and plants come spring. And they won't even smell bad!

"It's nothing more than the smell of walking

"When you get it explained, it's really silly that we do this — haul these leaves away."

JEFF MASON

through the woods, kicking up leaves," Mason notes.

Compare that to the cost — in money, labour, time and gasoline — of municipal pick-up and composting programs. Your fall leaves are — with little or no effort — free fertilizer for your lawn and garden.

"There really isn't any downside to doing this. The alternative is to pay tree guys to come in ... When you get it explained, it's really silly that we do this — haul these leaves away, every year."



► Experts say that leaving your leaves on the lawn is actually good for the health of your grass and trees.

LOOKING TO MAKE GREEN FROM INVESTING IN GREEN

I'm new to investing and am doing some research. What are some green companies or stocks I should look into? *Kristin of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Let's start with the term. What you're searching for is called socially re-

sponsible investing (SRI). SRI is what you get when environmental, social and governance factors come together in the selection and management of investments.

SRI investments take into account environmental sustainability or stewardship, labour practices, human rights and corporate governance.

Chances are good — but not guaranteed — that you won't be supporting businesses involved in alcohol, tobacco, gambling, weapons or mining. It also goes beyond "green" companies.

Investments are screened for things like human-rights violations, community involvement and environmental per-

formance.

And why shouldn't you be able to align your financial goals with your personal values?

An excellent Canadian resource is the Social Investment Organization. It's a national membership-based organization that includes financial institutions, investment firms, financial advisors

and various organizations and individuals interested in socially responsible investment.

The organization has a series of fact sheets designed to answer questions like "Do social investors sacrifice returns?" or "What is community investing?"

Although most mainstream banks don't carry

ethical funds, most credit unions do, so it's worth asking.

We can play the supply-and-demand game, too. The more of us that ask for socially responsible investments, the better!



David
Suzuki
Foundation

From 'content to complete'

► Cancer survivor Michelle Peavy doing her best to empower women

TURNING POINT

TERESA KRUIZE

LIFE@METRONEWS.CA



"I came to a fork in the road and chose the fearless route."

Michelle Peavy has

overcome many tough turning points in life to become an entrepreneur, speaker and singer, but her biggest challenge of all was conquering cancer.

Today, she's healthy and owns a corporate recruiting company with offices in Calgary, Houston and a third opening in Toronto.

As a singer, she has appeared on America's Got Talent, Jimmy Kimmel Live and is a longtime anthem

singer for the NBA's Houston Rockets. Peavy will be launching her new CD in October.

"We have so much power and underestimate how much we can use. I want women to look deep within themselves and make a difference in their community."

The ALL Women Summit will be held in Toronto on Oct. 6.

Michelle will be among

the inspiring women there who will help you learn how you can live a life filled with intent, strength and action.

"It will be women mentoring women, offering tools and life strategies. I want them to move from a place of content to complete."

Join Michelle and choose the fearless route. Visit allwomen.biz for more information.



► Michelle Peavy

Tuition keeping students stressed, according to poll

Greg Evans is no quitter. This fall marks the 26-year-old's second attempt to pay his way through university while balancing classes with work.

"Something in my life is going to suffer," said Evans. "My school work is definitely going to suffer, the quality of my life is going to suffer. The quality of my sleep and my health I'm sure are going to suffer."

It will be difficult for Evans, who grew up in the small community of Fonthill in Ontario's Niagara Region, to finance his education. But Evans would rather struggle for a couple of years than live the rest of his life from one paycheck to the next.

Evans first enrolled in classes at Toronto's Ryerson University in 2005 but dropped out after a year because he wasn't able to work enough hours to fund the venture.

Despite the fact that Evans' parents aren't able to cover his tuition, Evans says he doesn't qualify for a loan from the Ontario Student Assistance Program.

The public administration and governance major says that this time around, he's tackling school part-time so that he can put in as many hours at work as he needs. But he's still taking a student line of credit from the bank as a safety net.

"My money's OK," said



Evans.

"But if I got sick for, let's say, a week or two, that would put a pretty big dent in my savings. I can't really afford to get sick if I'm going to school again. I have to have a backup of some sort."

Many students who started college or university this fall share Evans' worries.

According to a recent survey by TD Canada Trust, 45 per cent of parents who have kids eligible to start school this fall haven't started putting money away for post-secondary education. A third of them say they'll only be able to cover less than 10 per cent of the cost.

The online survey, con-

Start on savings

- Scott Plaskett, a certified financial planner from Toronto, recommends automating the transaction so that a little bit of money from every paycheck goes into a savings account.
- "If you have to think about it, it's probably going to fall by the wayside," said Plaskett. "So automate your life, from a financial planning perspective, so that what you want to have happen, happens."
- He also suggests putting money into a Registered

Education Savings Plan, which attracts extra cash from the federal government in the form of the Canada Education Savings Grant.

- Or, to maximize every dollar, consider putting money into a Registered Retirement Savings Plan, which can reduce the amount of income tax paid. Then put any tax refund into an RESP. By taking this kind of holistic approach, said Plaskett, parents can save for their children's education without sacrificing their retirement plans.

ducted in June, polled a representative sample of 640 Canadian parents who have children under the age of 18.

Another TD survey suggests that more than half—58 per cent—of post-secondary students feel anxious or stressed when they think about how they're go-

ing to pay their way through school.

It's no surprise when you consider that, according to a 2010 Statistics Canada report, average student debt on graduation is \$18,800. And TD pegs the total cost of school for students living away from home at a hefty \$80,000. **THE CANADIAN PRESS**

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► Balancing school with a job can be a tough combination.

Marchand scores as Bruins thump Habs

- Hammonds Plains forward has about 20 family members at the game
- Montreal dresses only handful of regulars, such as Gomez, Cole and Gill



PHILIP
CROUCHER
@METRONEWS.CA

Brad Marchand heard cheers. There was a smattering of boos mixed in there, too.

Not exactly the treatment one expects when scoring in front of his hometown fans in a NHL exhibition game.

But in the rivalry that is the Boston Bruins and Montreal Canadiens, loyalty can be based on one's jersey, not where someone is from.

"Those are the Montreal fans who are just a little bitter that we won last year," Marchand said of any hostility felt after scoring in the Bruins 7-3 win over the Canadiens last night. "That's how it goes."

How it went for Marchand, a 23-year-old from Hammonds Plains, was a pretty good night in what was his second professional game in Halifax.

The former Halifax Mooseheads sniper generated some decent scoring chances and midway through the second period, put home a rebound at the side of the Montreal net for his second goal in as many exhibition games.

"It was nice to get it," Marchand told a large media contingent inside the



► Montreal Canadiens forward Scott Gomez checks Boston Bruins centre Brad Marchand during the third period of last night's NHL exhibition game at the Metro Centre.

Bruins dressing room. "It wasn't the prettiest one, but you take them how they come."

Even though it was technically a Bruins home game, the crowd was decidedly pro-Montreal. And their No. 1 target was Boston blue-liner Zdeno Chara, who was heavily jeered each time he touched the puck.

The mammoth defence-

"Any time they boo us, it's a good thing."

BRAD MARCHAND ON LAST NIGHT'S PRO-MONTREAL CROWD

man had the last laugh though, finishing with a goal and two assists.

"That's not obviously my first priority," Chara said of his offensive output. "I just try and play well defensive-

ly."

While not a great night for Montreal, its lineup had far fewer NHL regulars and was able to give the faithful some chances to jump from their seats.

"A lot of places we go in Canada, we have a lot of Habs fans," said forward Scott Gomez. "The crowd was great. The arena is great. The city was great. It's a beautiful place."

Game highlights

Highlights from the exhibition game yesterday at the Halifax Metro Centre.

SCORING

► **Boston 7** — Joe Corvo, Brad Marchand, Daniel Paille, Zdeno Chara, Gregory Campbell, Tyler Seguin, Jordan Caron.

► **Montreal 3** — Scott Gomez, Brian Willsie, Aaron Palushaj.

NETMINDERS

► **Boston** went with Anton Khudobin, who faced 30 shots and made several highlight-reel stops.

► **Montreal** countered with Peter Budaj, who struggled at times and finished with 27 saves.

THE STARS

► **Boston** dressed a more talent-laden lineup, led by the likes of defencemen Zdeno Chara and Adam McQuaid, and forwards Nathan Horton, Brad Marchand, Gregory Campbell and Tyler Seguin.

DANCE CARD

► There was one fight in the game, a minute-long tilt between Bruins tough guy Shawn Thornton and Habs defenceman Alex Henry. The bout was even with each player landing some good shots.

CHA-CHING

► Maybe the biggest winner of the night was the woman who pocketed the 50-50 prize of \$18,094.

4

sports

Quoted



"Everything's been really good. I haven't ran into any issues so far, so it's been pretty smooth."

PITTSBURGH PENGUINS STAR SIDNEY CROSBY AFTER PARTICIPATING IN A CONTROLLED SCRIMMAGE YESTERDAY. HE HASN'T BEEN CLEARED FOR CONTACT.

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Saturday nights not so alright for winning

► Rookie Nathan MacKinnon held off scoresheet in both games ► Grenier, Andrews make season debut ► Halifax allows four more power play goals



PHILIP CROUCHER
@METRONEWS.CA

Fridays have been a great day for winning. Saturdays — not so much.

For the third straight weekend, the Halifax Mooseheads were unable to win back-to-back games.

Alex Saulnier had two goals and an assist as the Moncton Wildcats edged the visiting Mooseheads 3-2 in Quebec Major Junior Hockey League action before 4,354 fans on Saturday night.

The loss came one night after Halifax edged the Rouyn-Noranda Huskies by the same score on home ice.

Halifax (3-3) has won all three of its games this season on a Friday, with its three losses coming on Saturdays.

"I really thought (Saturday night) we really played a really solid game, compared with the last two Saturdays," said Mooseheads coach Dominique Ducharme. "We put ourselves in trouble in the



► Luca Ciampini

first period with bad penalties ... that cost us the game."

The Wildcats scored its three goals in the opening 20 minutes, with two markers coming on the power play.

Luca Ciampini — with his team-leading fifth — and Joshua Desmond scored for the Mooseheads. Anthony Terenzio was in goal and finished with 23 saves.

Against the Huskies on Friday, Matthew Boudreau led the offensive charge with a goal and an assist. Travis Randell and Gabriel Desjardins added singles,

Schedule

- Halifax is off until Friday when they visit the Cape Breton Screaming Eagles in Sydney.
- The Mooseheads are back playing at home on Wednesday, Oct. 5 at 7 p.m. when they face the Moncton Wildcats.

while rookie netminder Zachary Fucile stopped 18 shots for his first QMJHL win.

With the return of Alexandre Grenier from the Vancouver Canucks training camp, Halifax has four 20-year-olds and must eliminate one within the next 10 days. In both games, Grenier, Randell, and Cameron Critchlow were the overagers used, with blueliner Jonathan Parisien a healthy scratch.

"With the number of injuries we had upfront, we couldn't afford keeping (Parisien) in the lineup and taking another out," Ducharme said. "But we'll reassess that this week ... we'll see what should be best for us."

Running. Wild



► Calgary Stampeders Brandon Smith, right, chases Hamilton Tiger-Cats Marcus Thigpen yesterday at the University of Moncton campus in Moncton, N.B.

ANDREW VAUGHAN/THE CANADIAN PRESS

Offensive explosion at Atlantic game

Thigpen caught two of Kevin Glenn's three touchdown passes and ran in a missed field goal as Hamilton took this year's Touchdown Atlantic game with a 55-36 victory over the Calgary Stampeders. The League's second visit out East, drew 20,153 spectators. The loss dropped the Stamps into a tie with Edmonton for top spot in the West Division. Hamilton stays third in the East.

News in brief

Huskies rush to easy win

FOOTBALL. The Saint Mary's Huskies had an easy time of it on Saturday.

The Huskies walloped the host Mount Allison Mounties 60-6 in Atlantic University Sport football action.

The Huskies running attack led the offensive charge, combining for 345 yards and four touch-

downs. Craig Leger had the biggest day with 129 yards on 14 carries.

Rookie quarterback Jesse Mills threw for 285 yards and one touchdown.

The Huskies (2-1) are back in action next Saturday when they host the first place Acadia Axemen (3-0).

● METRO

Foes set for league final

BASEBALL. It will be the Dartmouth Mooshead Dry and Halifax Pelham

Molson Canadiens meeting again for the Nova Scotia Senior Baseball League title.

Colin Johnson had three hits including a grand slam as Dartmouth dumped the host Sydney Sooners 10-3 on Saturday afternoon to sweep the best-of-five semifinal.

The schedule for the final series has yet to be announced.

Halifax advanced to the final earlier last week by beating out the Kentville Wildcats in four games.

● METRO

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Patriots no longer Bills' bully

Buffalo snaps 15-game losing streak against rival New England

Time to Bill-ieve?

Ryan Fitzpatrick and the new-look, resilient, win-in-the-clutch Buffalo Bills are showing they're for real after producing their second consecutive stunning comeback victory — this time against their AFC East nemesis, the New England Patriots.

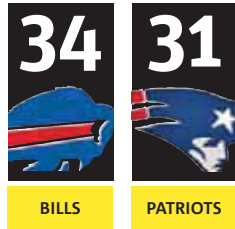
Rian Lindell hit a 28-yard field goal as time expired to cap a 34-31 win over the Patriots yesterday in which the Bills overcame a 21-0 second-quarter deficit.

It was a win for the new generation of Bills, who don't know any better. And the victory was particularly cherished by senior members such as linebacker Chris Kelsay, one of four Buffalo players still on hand since the team's last victory over New England, in the 2003 season opener.

"It's the biggest win of my career. I can't think of any bigger," Kelsay said. "To beat these guys at home, in front of our fans, with the way they're behind us despite being down early, it's huge. I'll never forget it."

Running back Fred Jackson ran around the field carrying a Bills flag. And stadium workers took no chances, first guarding the goal posts before lowering them on their own before fans got any ideas.

It was a euphoric win for



a team trying to recover from a dreadful past in which it has gone 11 seasons without making the playoffs. And it's a victory that suddenly has the Bills (3-0) alone in first place atop the division after the New York Jets (2-1) lost at Oakland.

The Bills won courtesy of yet another Fitzpatrick-led rally. It was reminiscent of what they did in a 38-35 win over Oakland a week earlier, when Buffalo scored touchdowns on their final five possession to overcome a 21-3 deficit.

Fitzpatrick went 27-of-40 for 369 yards and two touchdowns. Jackson once again provided a spark with 72 yards rushing and a touchdown, and 87 yards receiving.

Despite setting a league record for most yards passing over a three-game stretch, Tom Brady matched a career worst with four interceptions.

THE ASSOCIATED PRESS



► Bills quarterback Ryan Fitzpatrick fakes a handoff to running back Fred Jackson yesterday in Orchard Park, N.Y.

Around the NFL

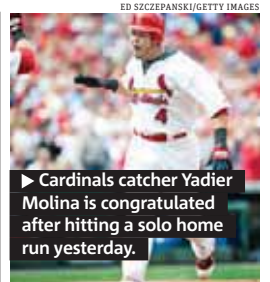


In other action yesterday:

- The New York Giants (2-1) took advantage of the Philadelphia Eagles (1-2) with Michael Vick, pictured, injured again. Eli Manning threw four touchdown passes, and the Giants beat the Eagles 29-16. Vick, who started after suffering a concussion last week, left with a broken right hand in the fourth quarter.
- Matthew Stafford threw for 378 yards and two TDs to

rally the Lions (3-0) from a 20-0 deficit before Jason Hanson kicked a 32-yard field goal in overtime as Detroit beat the Minnesota Vikings (0-3) 26-23. Aaron Rodgers threw for 297 yards and three touchdowns to Jermichael Finley, and the Green Bay Packers (3-0) shut down Jay Cutler and the Chicago Bears (1-2) for a 27-17 victory.

THE ASSOCIATED PRESS



► Cardinals catcher Yadier Molina is congratulated after hitting a solo home run yesterday.

Cards draw within one of Braves

The St. Louis Cardinals pulled within one game of the Atlanta Braves in the NL wild-card race as Rafael Furcal hit a tiebreaking home run in the eighth inning yesterday in a 3-2 victory over the Chicago Cubs.

St. Louis trailed Atlanta by 10 1/2 games on Aug. 26, but the Cardinals have won 15 of their last 20.

Trailing 2-1, St. Louis tied it in the seventh on Yadier Molina's 14th homer. The next inning, Furcal homered off Randy Wells.

Albert Pujols went 0 for 4 in what might have been his final home appearance for the Cardinals.

THE ASSOCIATED PRESS

Remaining games

The Cardinals close the regular season with a three-game series at Houston, which has the worst record in the major leagues.

- Atlanta hosts Philadelphia, which has the best mark in the majors.

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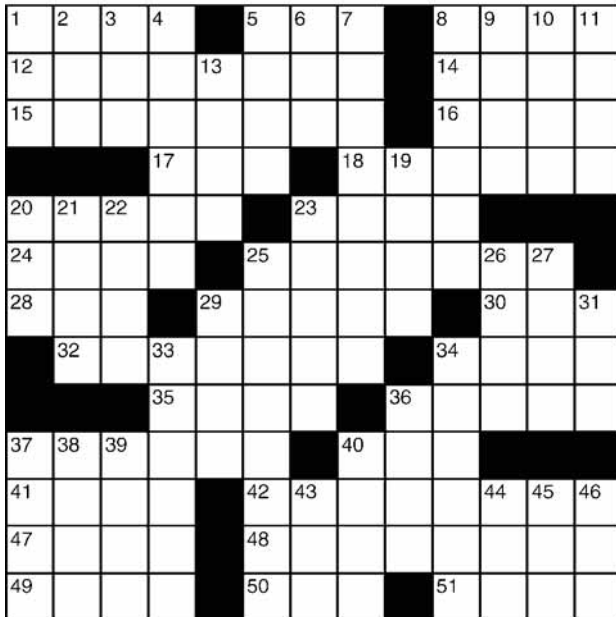


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Crossword

Across

- 1 Small salamanders
5 Handgun, slangily
8 Story
12 Pirate's chestful
14 Fine
15 Crime that's gone unsolved
16 Blind trio of rhyme
17 Comic DeLuise
18 "I'm grateful"
20 Refine metal
23 Versifier
24 Walk the floor
25 Snazzy race cars
28 Fire residue
29 Fragrant wood
30 Knock
32 Microsoft communications method
34 Leaf-gathering tool
35 Carbonated drink
36 Tier
37 Primary ore of lead
40 LummoX
41 Touch
42 Doubt that makes you change plans
47 Camera part
48 Finland's capital
49 Rim
50 Historic period
51 Mideastern gulf
- Down**
1 And so on (Abbr.)
2 To and —
3 Aviv lead-in
4 It comes between a cowboy and his horse
5 U.S. island in the Pacific
6 MGM motto word



- 7 Don't drink
8 BLT part
9 Related (to)
10 Don't have
11 Sight organs
13 Highlander
19 Mister, in Munich
20 Health resort
21 Korean War sitcom
22 Reverberate
23 Lecterns
25 Migraine, for one
26 Low cart
27 Benefit
29 "Aww, please?"
31 Apiece
- 33 Dangerous fly
34 Palm fiber used as cord
36 Young fellows
37 Strong wind
38 Not up and about yet
39 Breather?
40 Earthen pot
43 "— the ramparts ..."
44 Conclusion
45 — out a living
46 Can metal

► Yesterday's answer



Today's horoscope

♈ Aries March 21-April 20 Don't look at challenges as things to be avoided but as things to be used for your benefit.
♉ Taurus April 21-May 21 Try to be enthusiastic about what you are being asked to do.
♊ Gemini May 22-June 21 What comes your way today will be pleasant, and what comes your way tomorrow will be out of this world.
♋ Cancer June 22-July 22 YMake an effort to patch up any minor disputes you may be having

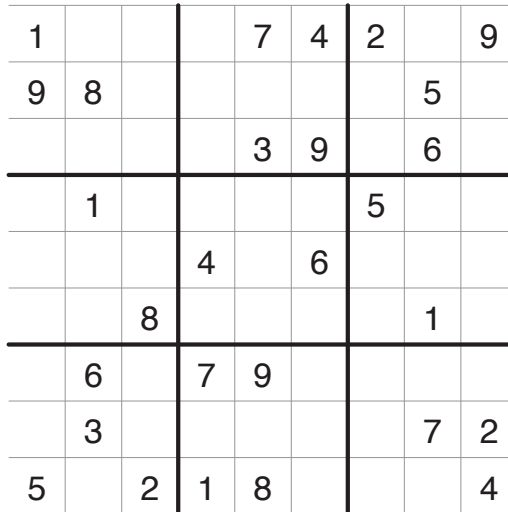
with partners and loved ones.
♌ Leo July 23-Aug. 23 You will be made the proverbial offer you cannot refuse either today and, yes, it's a pretty good deal.
♍ Virgo Aug. 24-Sept. 22 Stop worrying and start working.
♎ Libra Sept. 23-Oct. 23 Don't judge yourself by other people's standards because the simple fact is their standards are way below what yours should be.
♏ Scorpio Oct. 24-Nov. 22 Follow your passion wherever it may lead you.
♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ If ever there was a time to make an extra effort that time is now.
♒ Capricorn Dec. 22-Jan. 20 Some kind of breakthrough is imminent, so stop fretting that you have not done enough because there is still plenty of time.
♓ Aquarius Jan. 21-Feb. 18 There is no such thing as luck: you get what you deserve in life, nothing less and nothing more.
♈ Pisces Feb. 19-March 20. Think in terms of abundance, not in terms of lack. Your mind creates your world.

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Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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FROM SUMMER C

Cho cho you're sleeping right now:) you look so cute as always <3 i was playing sudoku and i seen this kiss thing where anyone can post what they want to their friends or love ones. I find it cute so i just want to tell you that i love you and that you're the one i want to marry! You're my first and my last. 080808<3
FROM BABYCHO:)

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